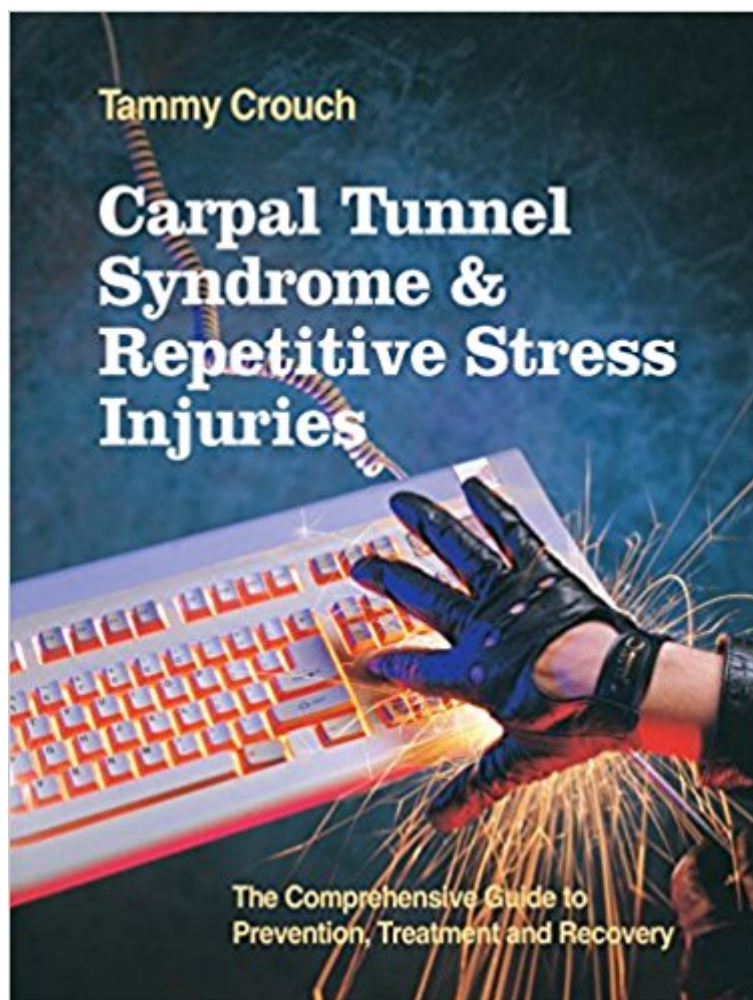




Ebook Directory
the best source of ebook

The book was found

Carpal Tunnel Syndrome And Repetitive Stress Injuries: The Comprehensive Guide To Prevention, Treatment, And Recovery



Synopsis

Crouch stresses the importance of finding out exactly what type of RSI you have and of seeking conservative treatment instead of jumping in and having surgery like she did. This book also gives an excellent rundown and explanation of the diagnostic techniques that doctors use, from the innocuous Phalen's test to the often-excruciating electromyography nerve conduction test. While the explanations of different treatments could be more in-depth, they're a good primer if you're investigating your options. Crouch also includes information about worker's compensation plus an extensive list of resources-- organizations, Web sites, books, and articles--helpful for those learning how to treat these often chronic conditions.

Book Information

Paperback: 184 pages

Publisher: Frog Books; 1 edition (September 6, 1996)

Language: English

ISBN-10: 1883319501

ISBN-13: 978-1883319502

Product Dimensions: 9.3 x 7 x 0.6 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.8 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,714,877 in Books (See Top 100 in Books) #27 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #474 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #956 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation](#)

Customer Reviews

Tammy Crouch, a former sign-language interpreter, had carpal-tunnel release surgery twice. Both surgeries were unsuccessful. She then learned about "alternative" therapies for her pain, including massage, osteopathy, acupuncture, and chiropractic, and she passes along her wisdom in this book. Crouch stresses the importance of finding out exactly what type of RSI you have and of seeking conservative treatment instead of jumping in and having surgery like she did. This book also gives an excellent rundown and explanation of the diagnostic techniques that doctors use, from the innocuous Phalen's test to the often-excruciating electromyography nerve conduction test. While the explanations of different treatments could be more in-depth, they're a good primer if you're investigating your options. Crouch also includes information about worker's compensation plus an

extensive list of resources-- organizations, Web sites, books, and articles--helpful for those learning how to treat these often chronic conditions.

A former Carpal Tunnel Syndrome patient herself from her work as a sign language interpreter, Tammy Crouch recovered the use of her hands after two failed surgeries by learning about alternative therapies. Ms. Crouch holds degrees in Psychology, Sociology, and Human Resources Management, and now conducts workshops and seminars on overuse injuries in the workplace. She lives in San Diego, California with her husband and daughter.

Not a great book for cpt

This book has been helpful in understanding the pain I have caused by carpal tunnel syndrome.

Don't waste your time. Check out MindBody syndrome by John Sarno instead.

I found this book through Tammy Crouch Fletcher's RSI FAQ and the many suggestions helped me to improve my symptoms without surgery. Full of common sense, written by a patient (Ms. Crouch Fletcher had two surgeries and researched virtually every treatment available), full of good interviews and tips, and designed to help you help yourself. Excellent read before visiting the surgeon!

Tammy is honest about herself and in her book shares the importance of knowledge versus the quick-fix. The resources given in the book alone, are worth the price of the book. A must read!

[Download to continue reading...](#)

Carpal Tunnel Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery
The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries
Carpal Tunnel Syndrome & Overuse Injuries: Prevention, Treatment & Recovery (The Family health series)
Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health)
Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program
Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome
The Pain Relief

Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand 101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment The Natural Treatment of Carpal Tunnel Syndrome Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Carpal Tunnel Syndrome: A Guide to Daily Activities It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals The Carpal Tunnel Syndrome Book: Preventing and Treating CTS The Truth About Carpal Tunnel Syndrome: Finding Answers, Getting Well Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 Eating Do's & Don'ts for Nutritional Management of Carpal Tunnel Syndrome Relief From Carpal Tunnel Syndrome (The Dell Medical Library) Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)